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PRESS RELEASE – For Immediate Release

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Be Fit and Fall Proof with Exercise Classes for Seniors

In Idaho each year, ambulances respond to 6,000 calls for falls. More than half of those calls are from people age 65 years and older. Most falls occur in private residences and three quarters of those individuals are taken to a hospital.

South Central District Health is hosting a six-week series of “Fit and Fall Proof” exercise classes for seniors in Eden, Fairfield, Hagerman, Jerome, Kimberly, Twin Falls, and Wendell. Most classes are free, and are currently underway or will begin within the next few months.

Hagerman classes begin on Tuesday, Nov. 8, at the Hagerman Valley Senior Center from 9 – 10 a.m. The class will meet every Tuesday and Thursday.

Classes in Jerome will begin within the next month; a nominal fee will be charged for Jerome classes. And classes will begin in Eden and Twin Falls in January.

Classes have already begun in Fairfield, Kimberly, and Wendell. Fairfield classes are held at the Camas Senior/Community Center on Tuesday and Friday from 11 - 11:45 a.m. Kimberly classes meet on Tuesday, Wednesday, and Friday from 10:30 - 11:30 a.m. at the Ageless Senior Citizens Center. And Wendell classes, which began on Oct. 25, are held at the Living Waters Presbyterian Church on Tuesdays and Thursdays from 10 - 11 a.m.

In the United States during 2002, unintentional falls were the leading cause of death among older adults ages 65 to 85. Amongst those that fall, 20% to 30% suffer moderate to severe injuries such as hip fractures or head traumas that reduce mobility and independence, and increase the risk of premature death. During 2001-2003 in Idaho, there were 287 deaths due to falls of older adults aged 65 years and older. Out of the 287, 61 were from south central Idaho.

The “Fit and Fall Proof” low-impact classes help individuals increase their strength and balance while enjoying social interaction with other participants. South Central District Health encourages all seniors that live in or near the mentioned areas to join the exercise classes that are being offered. Participants will enjoy meeting new people and have a good time while exercising.

For more information about class schedules in each of the respective areas, contact South Central District Health at 737-5988.

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